

History of Gestational Diabetes (AK 31-USDA 303)

Explain to Participant

You're enrolled in the WIC program today because you are pregnant and have had gestational diabetes with a previous pregnancy. This increases the chances of having gestational diabetes with this pregnancy.

Goal

The goal is for you to eat a healthy diet with limited concentrated sweets. This will help if you are diagnosed with Gestational Diabetes during this pregnancy.

Suggestions for Reducing Risk

Follow the recommendations of your health care provider.
See your doctor regularly to monitor your pregnancy.
Explain the nutrition education materials suggested.
Eat 3 meals a day plus 2-3 healthy snacks, and take prenatal vitamins daily.
Avoid junk foods, which are generally high in calories and low in nutrition.
Avoid candy, cookies, baked goods, juice, soda and other concentrated sweets.
Avoid alcohol, tobacco and drugs.
Eat a variety of foods from all the food groups every day.
Ask your health care provider about exercise.
Drink 8 glasses of water every day.

Nutrition Education
Material Suggested

Foundation for Fitness...for your Special Delivery

Explain Applicable WIC Foods

WIC Foods	Nutrients Provided
Milk	Calcium, Vitamin A, Protein
Cheese	Calcium, Vitamin A, Protein
Eggs	Protein
Beans or Peanut Butter	Protein, Iron
WIC Juice	Vitamin C
Cereal	Iron

Explain What the WIC Nutrients Can Do for You!

Calcium Keeps bones healthy. Helps muscles work. Helps blood clot. Helps control blood pressure.

Iron Carries oxygen in your blood to your muscles. Prevents anemia. Prevents infection.

Vitamin C Helps your body heal. Helps fight infections. Helps your body use the iron in the foods you eat.

Protein Makes up part of every cell in your body. Builds and maintains muscles and other tissues.

Vitamin A Helps keep your skin healthy and smooth. Helps you see at night.

Materials with More Information

Gestational Diabetes and You